

Daily Word



A UNITY PUBLICATION
JULY 1956

Pray with Silent Unity

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.

•

ILLUMINATION (11 a.m.): I am willing to do the will of God and thereby fulfill the promise of Jesus: "If any man willeth to do his will, he shall know of the teaching."

•

PROSPERITY (12 Noon): I know that it is the Father's good pleasure to supply me with every needful thing, and I rejoice in my willingness to accept His bounty.

•

HEALING (9 p.m.): In the name of Jesus Christ I proclaim to myself and all mankind: "God's will of life, health, and perfection is made manifest."

DAILY WORD is nonsectarian. It is published monthly by UNITY SCHOOL OF CHRISTIANITY, LEE'S SUMMIT, MISSOURI. Single copies at 15c each. Braille subscriptions are sent free to the blind who are familiar with Grade 1½.

Entered as second-class matter, at the post office at Lee's Summit, Missouri. Accepted for mailing at the special rate of postage provided for in sec. 1103; act of Oct. 3, 1917, authorized June 13, 1924.

Unity School publishes the following periodicals; Unity, You, Weekly Unity, Good Business, Daily Word, and Unity Sunday-School Leaflet at \$1 a year each, and Wee Wisdom at \$2 a year. No additional postage charge for subscriptions to foreign countries.

DAILY WORD

Edited under the inspiration of Silent Unity

Vol. 65

JULY, 1956

No. 1

In This Issue

Repeat Performance—*Martha Smock* - - - - - 2

Dear Friends - - - - - 9

Poems: Unless There Is a Light—*James Dillet Freeman*
- - - - - Center

Sources—*Ruby Zagoren* - - - Back Cover

Cover in Color—Mount Hood, Oregon—*Ray Atkeson*

Center Photograph—*H. Armstrong Roberts*

DAILY LESSONS FOR JULY

- | | | |
|--------------------|------------------|-------------------|
| 1. Home | 12. Security | 23. Beholding |
| 2. Forgiveness | 13. Grace | Christ |
| 3. Unhurried | 14. Comfort | 24. Spirit of God |
| 4. Freedom | 15. New Day | 25. Strength |
| 5. Poise | 16. Human | 26. Handiwork |
| 6. Prosperity | Relations | of God |
| 7. Expressing Love | 17. Hands | 27. Safety |
| 8. Prayer | 18. Healing | 28. Nonpossession |
| 9. Confidence | 19. Thanksgiving | 29. Image |
| 10. Truth | 20. Success | 30. Words |
| 11. Healing | 21. Highest Good | 31. Christ |
| (Others) | 22. Presence | Within |

REPEAT PERFORMANCE

by Martha Smock

DO YOU remember in the story of Sleeping Beauty how the good fairies were invited to attend the christening of the princess and to bestow their blessings on her? There were thirteen good fairies, but because there were only twelve golden plates, the thirteenth fairy was not invited. Do you remember how the thirteenth fairy acted because she had been left out? Her feelings were hurt; she was resentful, and she wanted to get even, to hurt someone else. After the twelve invited fairies had wished only good things for the baby princess, the thirteenth fairy arrived on the scene and placed a curse upon the child.

How often we act like the good fairy, turned bad! We are ever so pleasant, loving, and agreeable as long as things go the way we think they should, as long as we are included in everything, as long as we feel that we are treated with proper respect. But what happens when we are the "thirteenth fairy?"

All of us every day come up against things that can be annoying or disturbing. Most of the time we try to keep a good disposition, to be even tempered, to be easy to live with and get along with. We do not like ourselves on the occasions when we "blow our top," when we get angry, when we say or do spiteful or hurtful things. We need never act like the "thirteenth fairy," for it is possible for us to learn how to handle the annoyances, the distractions and the frictions of life in a way that is always to our credit, in a way that always makes us happier and makes the people around us happier.

Probably one of the greatest human achievements lies in the attainment of the inner control that enables us to meet disappointments without resentment, to maintain in every situation a calm and understanding spirit, to keep an even and a happy disposition regardless of circumstances or the actions of other persons.

It may seem to us that some persons are born with a good disposition, that they are naturally good tempered. But a good disposition is a matter of habit; it is the result of a continual practice of self-discipline. It is the result of a continual effort to be loving, to be patient, to be kind.

Every person is endowed with all the elements of a good and happy disposition, for every one of

us has within him the Spirit of God, we have within us the potential greatness of this Spirit. We come from the heart of love itself; our very nature is love we find satisfaction and fulfillment only as we learn to express the loving spirit, the large forgiving spirit that is in us.

It does not matter where we are in life, we are never too young or too old to begin to train ourselves in good thought habits so that we have control of our moods and emotions, so that we live peacefully and happily with ourselves and others.

How can we acquire the habit of a good disposition? We can begin right where we are today. This, our life, is really our proving ground, it is our field of experience; it is the school which never closes. The wonderful thing is that in the simple everyday affairs of life we can practice the largest ideas of which we are aware. We can grow in spiritual stature in the routine of every day; we can put on the nature of Christ as we get the children ready for school, as we make out reports at an office desk, as we call on customers, as we talk over the back fence with our neighbor.

How? is the question. The way is simple to state; but it is not so simple to follow. The way to have a good disposition is to have good thoughts in our minds. Simple, is it not? But it

takes practice and prayer to have only good thoughts in our minds!

To read DAILY WORD every day and to think about the ideas in the lessons is an excellent way to build a good disposition toward life. If we begin our day by thinking about an idea such as: "I am thankful for the knowledge that all things work together for good," we set the tenor of our thinking for the day. Then if something happens to change our plans we do not feel frustrated or let down. We remind ourselves that all things work together for good, we trust God, we trust our lives and affairs to Him. We do not feel resentful or left out; we are sustained all day long by the sure feeling that all is well, that God loves us, that we are important to Him and to His world.

If we have set up resistance in ourselves to any condition or circumstance, we can let go of this resistance. As we think about ourselves and our lives we can see that in many instances the very thing we resisted the most has brought the greatest blessing to us. So let us say to the condition or circumstance that seems to bind us, "There is some blessing for me in this. I now accept the blessing."

If we have to deal with an inharmonious human relation of some sort, we can overcome our inner

resentment or resistance to the situation by blessing everyone concerned, including ourselves. It helps us to remind ourselves over and over that God is present in us and in all persons and situations, and that He can be trusted to bring about that which is for the highest good and happiness of all concerned.

The affirmations we use in Unity are habit-forming, they are character-forming, they are Christ-forming. We are told "let Christ be formed in you." We come into the world as children of God; we grow into God's kingdom as we learn to live in the spirit of the Christ, to let Christ be formed in us, thought by thought.

A habit is the result of something that is repeated again and again. It becomes second nature to us. We all admire persons of character and worth; we look on them as set apart, as especially endowed by heaven. But actually character is largely determined by habits; habits of thought, habits of reaction; habits of living that are practiced not intermittently but consistently until the wish becomes the reality, the ideal becomes the actuality, the actor becomes the man, the role becomes the life.

If we were the lead in a play, we would memorize our lines until we knew them perfectly, we would become the part through knowing the

character we were portraying. Shakespeare said that life is a stage and we are all players on it. Sometimes when we do not feel loving, when we are filled with feelings of resentment or bitterness or unforgiveness, it may help us to act a little. Shakespeare also said to assume a virtue, if we have it not. It is better to act loving, even if we do not feel loving. When we choose the side of love, love wins out, for love is stronger than hate. When we decide to act like a child of God rather than like an unhappy, embittered child of darkness, light wins out, for light is stronger than darkness. You cannot act like a child of light, a child of love, a child of God without beginning to feel like one.

Oftentimes we feel miscast; we feel that no one really knows what we are like inside, that no one really understands us. This may be true, especially if we have formed the habit of negative thinking and acting, if we have allowed our feelings, moods, and emotions to govern us and our lives. How is anyone to know what we are really like? Others will know what we are really like when we begin to make the effort to think, speak, and act in the way that makes us feel right and happy within ourselves. If the habit of wrong thinking is deep-rooted, it may take quite a bit of persistence and effort on our part to change, but we

can change. We can change our inner thoughts, we can practice every day, in little ways, the lines of our true role in life. We can practice saying good things to and about others; we can practice thinking of ourselves as children of God; we can practice affirming words like, "I am loving; I am understanding; I am free," until we begin to feel their meaning in our minds and hearts.

We can practice being the kind of person we long to be. And practice always brings results. Like the musician we find that we progress from practice into a finished performance. Where at first it seems awkward or difficult for us to change long-fixed habits of thought, speech, and action, our "repeat performance" begins to count, the new pattern begins to assert itself. It becomes easier and easier for us to be the keeper of our moods; it becomes easier and easier for us to let the Christ love shine through, it becomes easier and easier to live joyfully, peacefully, happily with ourselves and others.

Think of the power of a million people praying together!

Do you know that if every **DAILY WORD** subscriber would send **DAILY WORD** to just *one* other person there would be more than a million subscribers?

Why not add *one*, to make a million!



The following are excerpts from letters written to DAILY WORD. We in Silent Unity wish to thank all of you, our readers, for the letters you write us, for your words of blessing and appreciation. We wish to thank you, too, for the way in which you live with and use DAILY WORD and for the ways in which you pass it and the Unity teaching along to others. We feel a sense of oneness with you, and we rejoice that the circle of our friends is growing larger day by day.

From New York:

About two years ago my family suffered several misfortunes. Financially we were forced from a very pleasant and comfortable life to a tiny apartment. I left college to begin working and was very unhappy with my job. In such small quarters the family was constantly bickering and quite miserable. About a year ago a friend of the family sent a subscription for DAILY WORD to my mother. It

contains such inspiring writing and teaches one that religion is joy and peace. I can't begin to tell you the miracles that have been performed in our lives since then.

From California:

For months I have been so worried that I couldn't eat or sleep. I have lost weight so that everyone is concerned. Yesterday, I just happened to stop at a friend's house. As I walked past her coffee table a small book caught my eye. Still talking I picked it up, not knowing what DAILY WORD was. I turned the pages and started to read a little from one page and then another. I came to yesterday's page and read it all. I can't find words to express myself. It seems as though a burden was taken from my heart and what I thought were worries all these months are very small. I can't even cry any more, and don't want to. I made a special trip to my friend's house today to read today's lesson, and I still feel better. I copied the address of DAILY WORD from her book. I don't know what the price is, but please, please send the DAILY WORD right away.

From Florida:

I am the third generation in our family to read DAILY WORD. It has meant so much to all of us and helped us through many difficult times.

From California:

As you will note, I am renewing my own subscription and sending two gifts. In each case I am sure we are making a friend for Unity and helping a grieved person to find consolation. I consider DAILY WORD to be my best friend. DAILY WORD is always there when I need it, never imposes upon me, and always says the right thing!

AN INVITATION

FROM SILENT UNITY

Have you ever needed help greatly but did not know where to turn? We extend to you a most loving invitation to call on Silent Unity.

For the past sixty years Silent Unity has been praying and working with people from every walk of life.

We do not believe that anything is impossible or incurable. We keep faith with all who call upon us, for we believe in the power of God and in the power of prayer, and we know that God never fails.

If you need us, feel free to call upon us at any time. We may be reached day or night by telegraph, Unity, WUX, Kansas City, Missouri, by telephone BAaltimore 1-4720, Kansas City, Missouri, or by letter, Silent Unity, Lee's Summit, Missouri.

Sunday

JULY 1

MY HOME IS A HAPPY HOME, FILLED WITH
THE PRESENCE AND POWER OF GOD.

WHETHER you are, wherever you live, whether in a big house or small, whether in an apartment or one room, "home" should spell happiness for you.

If you do not feel happy in your home, there is a way to change your feeling. One way is to use a prayer like this whenever you enter your home: "I greet the presence and power of God here."

When you are aware of the presence of power of God in your home you will never feel alone there. To be aware of God's presence is to know a wonderful and satisfying companionship.

As you bless your home when you enter or leave it, as you abide in the thought that you are one with God, that you dwell with Him always, your home will take on something of your consciousness.

Whoever comes into your home will feel this consciousness of joy and peace and happiness and be blessed just by being in your home.

♣ *This is none other but the house of God, and this is the gate of heaven.*—GEN. 28:17.

JULY 2

Monday

THE FORGIVING LOVE OF GOD NOW SETS ME
FREE FROM PAST MISTAKES.

GOD IS the spirit of love. There is no condemnation in Him. He is my changeless friend, and His sole desire is to guide me in the paths of peace.

If at any time, because of my free will, I stray from the peaceful path, He does not turn from me, but like the shepherd who sought the lost sheep, His love reaches forth tenderly to draw me back again into the joy-filled way.

God loves me and accepts me. He does not expect me, a growing spiritual child, to act always with the wisdom of a spiritual adult. God expects me to do the best I can, and when I fail to measure up to the highest I know, His grace and love are with me to help me to begin again.

No matter how serious my mistakes may seem to be, if I am willing for His divine Spirit to guide me aright, if I obey the inner voice of wisdom, the past with its mistakes shall be no more.

The forgiving love of God now sets me free from past mistakes.

♣ *Though your sins be as scarlet, they shall be as white as snow.*—ISA. 1:18.

Tuesday

JULY 3

I CAN DO ALL THINGS THROUGH CHRIST.

I PERFORM all my tasks this day with a light and easy touch. I do not push myself. I do not work with my eyes on the clock, relentlessly forcing myself to meet deadlines, but I do what is before me with a steady quietness.

Instead of waiting until the last minute to keep an appointment, to catch a bus or a train, I allow myself time enough so that I do not feel tense or anxious.

As I perform the many duties that fall my way, even though they may pile up to the point where it seems I shall never get through, I keep myself poised and unhurried. I remind myself that tension of any kind impairs efficiency.

If I find myself becoming strained and tense, I will immediately stop what I am doing for a moment and tell myself that "I can do all things in him that strengtheneth me."

No matter what my tasks, I will do them lovingly, trustingly, gratefully, and with a heart full of joy.

♣ *Come unto me, all ye that labor and are heavy laden, and I will give you rest . . . my yoke is easy, and my burden is light.*—MATT. 11:28, 30.

JULY 4

Wednesday

I AM FREE BORN.

“WE HOLD these truths to be self-evident that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness.”

Today let us bless all people and all nations in the realization that there is but one God and Father of all, that in His sight all men are created equal, that in His kingdom all are important, all are needed, all are endowed with spiritual qualities and powers.

Let us pray that in our own country and in all the other countries of the earth man's right to freedom shall be preserved and cherished, that as individuals and as nations we shall appreciate and respect every person's right to life, liberty, and the pursuit of happiness.

Let us know that in whatever country we happen to have been born, we are where we are because we are needed, because we have something to give in this particular place, and because we have something to learn in the particular experiences that are ours.

♣ *I was free born.*—ACTS 22:28 (A. V.).

Thursday

JULY 5

I AM CENTERED AND POISED IN THE CHRIST MIND. NOTHING CAN DISTURB OR DISMAY ME.

INSTEAD of losing our poise when a trying situation arises in our lives, let us affirm that we are poised and centered in the Christ Mind. Let us know that we have the power to quiet our emotions and to keep ourselves well in hand when inharmony arises.

Poise means serenity of mind and heart. It means self-mastery, self-control, and self-discipline. Poise means that we have our temper under control, that we do not sulk or pout to gain our own way. Poise is a spiritual quality, the winning of which brings satisfaction, joy of heart, and peace of mind.

Prayer is invaluable in developing poise. To reshape our lives we need a calm, sure, and serene approach to the challenging, experiences that we meet in day to day living. Prayer gives us this approach. Prayer lifts us to a new consciousness of poise so that conditions no longer have the power to disturb or to dismay us.

♣ *Let the peace of Christ rule in your hearts.*—COL. 3:15.

Saturday

JULY 7

JULY 6

Friday

I FORM THE HABIT OF PROSPEROUS LIVING.

WHEN I shop, when I work, or when I take a vacation I keep in mind the idea of myself as a prosperous child of God. I do not shop with the thought that there will not be money to meet tomorrow's needs; I do not work with the thought that I am unappreciated or underpaid; I do not take a vacation with the thought that I am spending money foolishly or unwisely. In everything that I do I take a positive approach.

Thought by thought, word by word, deed by deed I build up a rich consciousness, a rich life. I bless all the money that comes to me; I give thanks for it and I affirm that I have wisdom and good judgment in handling it. I bless my home and I see it bright and beautiful. I do whatever needs to be done to keep it in order, in good repair, to make it truly a home where God dwells.

I bless my work and do it with love and enthusiasm. I am willing to learn and to grow, to perfect my methods, to make myself more productive, more needed in God's world.

♣ *He did it with all his heart, and prospered.*—II CHRON. 31:21.

Saturday

JULY 7

TODAY I EXPRESS THE LOVE OF GOD TOWARD
ALL PERSONS.

YOU WILL not have difficulty in getting along with your neighbors, your family, or those with whom you associate if you will consciously let God's love be expressed through you as tolerance, patience, understanding, and loving-kindness.

The loving Spirit of God is within you, and this loving Spirit flows naturally and easily through you as you open your mind and heart to God. The love of God cannot be depleted. The more of God's love you express, the greater will be your capacity to be loving.

You quicken the flow of God's love in your heart, mind, and life through prayer, for prayer attunes you to God's love. Prayer lifts up your thoughts and emotions; prayer fills you with a sense of God's loving and abiding presence.

You are God's child and His love is in your heart. Knowing this you are loving and warm-hearted toward all, you express the love of God toward all persons.

♣ *How precious is thy lovingkindness, O God!*
—PSALMS 36:7.

JULY 8

Sunday

"COME YE YOURSELVES APART . . . AND REST
AWHILE."

WITH these words Jesus was trying to impress upon the disciples the importance of taking time to be quiet in the midst of the day's activities in order to gather new strength. The same advice still holds true for those of us who would be disciples today. A daily quiet time is essential. Jesus observed this practice of frequent withdrawal into the silent sanctuary of His soul, and if He, the most spiritually developed of all men had need of such periods of quietness, then how much more do we!

The time you set apart each day for spiritual contemplation will more than reward you for your effort. As you daily rest trustingly in the thought of God, the tensions of your body will be eased and the divine energies of God will flow healingly through your entire being.

As you daily rest in God, all emotional conflicts will be resolved in His adjusting love. As you daily rest in God every challenge in your life will find happy solution.

✦ *In returning and rest shall ye be saved; in quietness and in confidence shall be your strength.—ISA. 30:15.*

Monday

JULY 9

I AM CONFIDENT. I AM HAPPY. I AM AWARE
THAT I WALK WITH GOD.

I GO forth this day with a confident and happy heart, for I know that I am in the presence of God each moment. I set aside every fear and live in complete serenity, for I know that the power, the wisdom, and the love of God are instantly available to me.

My mind is clear and untroubled; I think easily and effectively; I direct all my faculties and energies to the completion of each task without any feeling of strain or anxiety. I rest in the assurance that with God all things are possible, and that God is with me.

My heart is light and happy. It is filled to overflowing with the love, joy, and life of God.

I let the happiness that comes from the awareness of God in my life and affairs radiate to others in joyous thoughts, encouraging words, and loving acts.

I am confident. I am happy. I am aware that I walk with God.

♣ *I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.—PSALMS 91:2. (A.V.).*

JULY 10

Tuesday

I DO NOT ACCEPT UNTRUE THOUGHTS OR WORDS. I ACCEPT ONLY THE GOOD.

HAS someone said things about me that are untrue? Has someone criticized me unjustly? Has someone gossiped about me and my affairs? I will not allow myself to become bitter or unhappy or on the defensive. I will establish myself firmly in the realization that I live, move, and have my being in the love of God. I will declare words of Truth and light; I will declare that God is in charge of my life and affairs. I will remember that Truth needs no defense. My part is to keep myself centered in God.

The untrue things that have been said, the unjust criticism, the gossip will melt into nothingness as I take my stand for love and justice, peace and harmony. I know that nothing can touch me when I stand with God. I know that nothing can defeat or dismay God's Spirit in me. I know that nothing can undermine Truth, for I know that Truth always wins out, good is always victorious. I take the side of Truth; I stay on the side of love and forgiveness.

♣ *Ye meant evil against me; but God meant it for good.*—GEN. 50:20.

Wednesday

JULY 11

MY WORDS ARE SPIRIT, AND THEY ARE LIFE,
AND THEY DO ACCOMPLISH THAT WHERE TO
THEY ARE SENT.

TODAY as you read these words think of someone you should like to see healed. Whoever it is that comes to your mind as you think about healing, know that your prayers can be a blessing to him, that your words of Truth can reach him and quicken an awareness of healing power in him.

Remember in praying for the healing of someone else that you of yourself do not do the healing work, but the Father abiding in you. In the stillness of prayer as you establish your oneness with the indwelling Father, you establish also your oneness with all of His creation. In this oneness of Spirit you can speak words of life and truth for another. Affirm now for the one you wish to see healed: "God is your life, strength, and health. His Spirit in the midst of you is mighty. His life is healing you now." Then give thanks that your words are spirit and they are life and they do accomplish that whereunto they are sent.

♣ *The prayer of faith shall save him that is sick.*
—JAMES 5:15.

JULY 12

Thursday

I LOOK TO GOD FOR HAPPINESS AND
SECURITY.

I AM NOT disturbed by changing circumstances. As a child of God my life can be happy and secure at all times. I need not look to some particular person or some particular condition for my good. I look to God. Conditions about me continually change. God remains constant as a source of security and happiness.

If one door to my good closes, God opens new doors. I know that through the Spirit of God in me I will always attract to myself whatever I need to make my life complete and happy.

I do not resist changing conditions, for my security is in God. He is my unfailing guide and He gives my life a sense of direction and purpose. From Him comes whatever I need to make my life productive and perfect.

As a child of God I have a heritage of talents and abilities. I have inner qualities that attract friends and happiness wherever I go. I rejoice that God reveals new ways to make my life secure and happy.

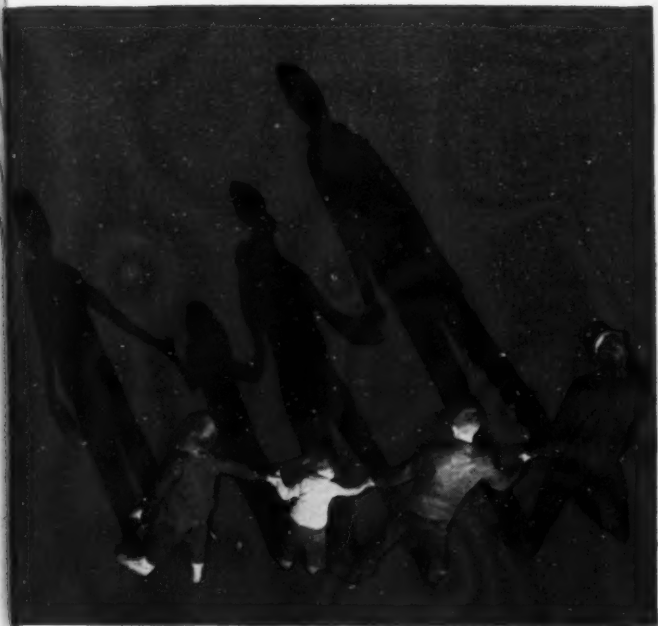
♣ *I will not leave you desolate: I come unto you.*
—JOHN 14:18.

Unless There Is a Light

JAMES DILLET FREEMAN

Children fear their shadows,
Yet have no cause for fright;
There cannot be a shadow
Unless there is a light.

If you can see your shadow,
The sight can only mean
That light is shining, but yourself
Has gotten in-between.



There is no less of radiance,
But you have blocked the sight—
Stop looking at the shadow,
Start looking at the light.

Friday

JULY 13

GOD'S GRACE IS SUFFICIENT.

BELOVED, do you need special strength for to-day? Does dawn find you dreading the hours ahead?

Be of good cheer. You have nothing to fear. Your affairs are in the hands of almighty God, the heavenly Father who loves and cares for you. You have only to loose your worries to realize that His grace is, indeed, sufficient for you.

If there is a deadline for some task that has seemed beyond your strength and endurance, be still, be very still, and know that God is loving and all-powerful. With His strength to aid you, no task is impossible.

Is this a day when you make a change and you dread the unfamiliar? Lay aside your dread. God is as near in the unknown as in the familiar. Look eagerly for the blessings that He will give in the new situation.

Is this the anniversary of a loss or disappointment? Do not bring back the pain of days that are past. Instead, thank God for His sustaining grace and for His presence with you.

♣ *Be of good cheer; I have overcome the world.*—JOHN 16:33.

JULY 14

Saturday

THE PEACE OF CHRIST COMFORTS, HEALS,
AND STRENGTHENS ME.

“**P**EACE I leave with you; my peace I give unto you . . . Let not your heart be troubled, neither let it be fearful.”

No matter what you are experiencing, you can turn to the comforting presence of the Christ and find help. You are never alone. You have within you the triumphant Christ Spirit. Rest in His strength. Live each day at a time, the very best way that you know. If unhappy memories come to mind or fear assails you, say to yourself, “I am not afraid, I believe in the words of Jesus. Any challenge that comes I will meet with faith. I place myself in God’s care and keeping, knowing that He will provide for me and lead me ever onward. I have the courage and the strength to meet this day victoriously, and my grief is transmuted into peace.”

The loving Christ will not leave you or forsake you. His peace comforts, heals, and strengthens you. He is with you, opening new doors to you.

♣ *I am not alone, because the Father is with me.*—JOHN 16:32.

Sunday

JULY 15

AT THE BEGINNING OF THIS NEW DAY, MY
THOUGHTS GO WINGING GODWARD.

A NEW day lies before me. This day brings the promise of rich blessings. As the day begins my thoughts go winging Godward. I leave behind me all sense of heaviness and burden, all feelings of urgency and unrest. Tranquil in mind and body, I pray. Prayer never fails to give an uplift to my spirit that stays with me throughout the day. Prayer gives me poise and serenity of spirit. Prayer gives me a joyous, expectant spirit. Prayer attunes me to God, and blessings flow to me and through me.

Dear Father-God, I consecrate this day wholly to You. I will go forth joyously, lightheartedly, doing what You would have me do, being what You would have me be. Filled with Your wisdom and power, I know my day will be successful, accomplishing, and happy. Filled with Your love, I know I will radiate peace and good will to all persons, and I will feel Your love radiating back to me.

*In all thy ways acknowledge him,
And he will direct thy paths.*

—PROV. 3:6.

JULY 16

Monday

TODAY I TRANSFORM ALL MY HUMAN RELATIONS THROUGH THE RENEWING OF MY MIND.

THE MOST important element in establishing happy, peaceful, and harmonious relations with others is my attitude toward them. In this realization I set about transforming all my human relations through the renewing of my mind, that is, by changing my thinking and feeling about others.

I will set aside my limited concepts of people as belonging to other races, nations, political groups, religions, and the like, and think of them rather as belonging to one great family with a common purpose. I will try to expand my mind to grasp the mighty idea of the universal brotherhood of all men as children of the one Father. I will try to understand that what is good and desirable for me can never be separated from what is good and desirable for my neighbors, my community, my country, my world. With the help of God, I will see that I am one with all mankind.

♣ *Be not fashioned according to this world: but be ye transformed by the renewing of your mind.—ROM. 12:2.*

Tuesday

JULY 17

MY HANDS ARE DEDICATED TO GOD'S SERVICE.

SOMETIMES when we pray for a special blessing for ourselves or for some dear one we forget that a physical need is ministered to by physical hands.

The story of the Good Samaritan illustrates this. The Good Samaritan knew that the situation in which he found the man from Jericho called for prompt action, and his love for a fellow being found expression in speedy relief measures.

God hears our prayers for a job, for more convenient housing, for a strong body, or for harmony in our home or business environment. His power is always present with us, ready to set into motion the spiritual forces that will bring about the realization of our worthy desires. But God does not interview possible employers, look for new houses, exercise our muscles, or do the little kindly deeds that promote harmony.

The effort we make for ourselves is the measure of our faith and devotion. God works through us, and we work with God.

✦ *Whatsoever thy hand findeth to do, do it with thy might.*—ECCLES. 9:10.

JULY 18

Wednesday

THE PURE AND PERFECT LIFE OF GOD FILLS
ME THROUGH AND THROUGH. I AM HEALED,
PRAISE GOD I AM HEALED!

EVERY day Silent Unity affirms life, health, strength, and perfection for all those who are joined with us in thought and prayer. We see all those who pray with us as filled through and through with the pure and perfect life of God. We see all our DAILY WORD friends as perfect children of God, strong, vital, alive, and whole.

We know that as you read this DAILY WORD lesson, as you meditate on the thought of healing, you gain a new realization of what the pure and perfect life of God means to you. You think of your body as the temple of God, you think of every part of your body as filled with God's life and substance, you think of your breath as the breath of God, you think of your heart as the heart of God.

We bless you, we pray with you, we see you as God sees you, a radiant, whole, perfect being, filled with God's life.

✦ *Know ye not that ye are a temple of God, and that the Spirit of God dwelleth in you?—I COR. 3:16.*

Thursday

JULY 19

TODAY, WITH JOY AND THANKSGIVING, I ACCEPT GOD'S GREAT AND BOUNTIFUL GIFTS.

DEAR GOD, open my eyes today that I may see with deeper perception and clearer understanding all of Your great and wonderful gifts. Today I would be conscious of them all—sunshine, rain, even air; the things we take for granted; the song of a bird, the flash of a green grass stem, a smile, a phrase in a book. Let me see them all, and seeing, rejoice, and give You thanks.

Today I would fill every waking moment with a thought of thanks to You for Your gifts. I would hold this thankful consciousness deep in my heart, even as on the surface of my life I busy myself with the jobs of living. Such a day can have no downcast moment, no thought of fear or worry; this is indeed a day of joy. It is a day of rediscovery of the wonder of life, a day of enthusiasm when all things seem to take on new beauty. It is a day to feel truly alive and blessed!

♣ *Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom can be no variation, neither shadow that is cast by turning.—JAMES 1:17.*

JULY 20

Friday

GOD OPENS THE WAY FOR MY GREATER SUCCESS AND ACHIEVEMENT.

I HAVE faith that the ability to progress, to be prosperous, to be successful in my work lies in me.

God has given me every quality of heart and mind that I need in order to advance and to prosper. God has given me skills and abilities that make me needed and useful in His world. I pray for a greater understanding of my God-given abilities; I pray for the courage and strength to put them to right use.

No person or condition can stand in the way of my success and achievement. My expectancy is of God, and I look to Him to open the way for my highest good to come to me.

As I pray my mind is quickened. I am inspired to express my best qualities. I am inspired to serve lovingly and generously. I am inspired to work intelligently and diligently. I am co-operative and cheerful. I am pleasant and easy to work with.

As my ability to serve grows and as I continually serve in a larger and more generous way my advancement is assured.

♣ *I will work, and who can hinder it?*—ISA. 43:13.

Saturday

JULY 21

THE ALL-WISE, ALL-LOVING SPIRIT IN ME
NOW REVEALS THE WAY OF MY HIGHEST
GOOD TO ME.

HAVE you ever wished that someone could tell you just what to do, just how to decide in some matter, just how to act in some situation? There is a Spirit in you that is very trustworthy, a Spirit that is very wise, a Spirit that always points out the right and perfect way to you. Through practice you can learn to contact this Spirit; you can learn to listen to the counsel and direction of your indwelling Lord, you can learn to follow His perfect direction.

As you affirm "The all-wise, all-loving Spirit in me now reveals the way of my highest good to me," you rise out of limited thoughts that you have had about yourself; you are free from indecisive states of mind; you put yourself in tune with the perfect pattern that is God's will for you and your life. In large matters and in small ones, you are able to act with wisdom and with love.

*There is a spirit in man,
And the breath of the Almighty
giveth them understanding.*

—JOB. 32:8.

JULY 22

Sunday

I TURN IN THOUGHT TO GOD, AND I AM
AWARE OF HIS LOVING PRESENCE.

HOW comforting and assuring it is to realize that I have in my Father-God a loving, dependable, attentive audience, always near, always responsive to me.

The rich blessing of companionship with one who loves and understands me more than earthly friend or parent is always available to me.

Wherever I am, whatever I may be doing, I simply turn in thought to God, and I feel His nearness.

The wonderfulness of communion with God is undiminishing. Every disappointment, every sense of failure or injustice is assuaged. To enter His presence is to feel secure, loved, joyous, and at peace.

Many times throughout the day I turn in thought to God. I go forth each day with courage and fresh perspective, with a wealth of new, stimulating ideas, and with the wisdom to solve every problem confronting me.

*Trust in him at all times, ye people;
Pour out your heart before him.*

—PSALMS 62:8.

Monday

JULY 23

I BEHOLD THE CHRIST IN YOU.

ALL PERSONS love to know how much faith and confidence we have in them. To know that we trust them and think well of them instills within their hearts and minds renewed faith and confidence in themselves.

It is true, however, that sometimes in our desire to help other persons we meet with resistance. Others are not always inclined to fit into a pattern of living that we feel they should follow. Especially our own family and friends may reject our attempts to help them lead better lives when we offer advice. But no one rejects a silent, loving prayer. No one ever rejects a word of praise.

We can give to others the strong, spiritual support of our prayers and blessing by holding fast to the Truth and saying silently, "I behold the Christ in you. I see you perfect, whole, and free. I know that the Christ in you guides, inspires, and prospers you. With this faith in the Christ within you, I am at peace concerning you." Our realization of Truth concerning others can be a real help and blessing to them.

✦ *Thou art the Christ, the Son of the living God.*
—MATT. 16:16.

JULY 24

Tuesday

THE SPIRIT OF GOD WITHIN ME IS CAPABLE
OF HEALING AND ADJUSTING EVERY CHAL-
LENGE IN MY LIFE.

WHenever any challenge presents itself to me, I meet it with calm, quiet trust in God. I relax my entire being mentally, emotionally, and physically and remind myself that God is with me, that He is within me and around me, and that He is love. God is capable of adjusting any situation so I surrender every fear or doubt and place my trust in Him.

I remind myself of God's presence and power, over and over until I feel that He really is taking care of everything. My prayers and faith fill me with a beautiful calm assurance. I rest in the realization that healing is taking place, that circumstances are being adjusted and blessed.

I know that I do not need to try through will power to bring about the answer to my prayers. My need is to relax, to have faith, to declare quietly and persistently the presence and power of God to know that His Spirit within me is mighty and unfailing.

✦ *In returning and rest shall ye be saved; in quietness and in confidence shall be your strength.—ISA. 30:15.*

Wednesday

JULY 25

CHRIST IN ME IS THE INEXHAUSTIBLE SOURCE
OF MY STRENGTH.

CHRIST in me is the inexhaustible source of my life. Christ in me is the inexhaustible source of my vitality and strength. I keep myself poised in the realization that the Christ in me is momentarily renewing every particle of my being.

It makes no difference what my age is, my realization of the radiant Christ filling and thrilling every fiber, organ, and cell of my body will keep my body vigorous and strong.

I rejoice in the truth that with every passing moment more and more of the brilliance of Christ is shining through my mind, more of the Christ love is shining through my heart, and more of the eternal Christ life is shining through my body.

I am strong in Christ.

I am alive in Christ.

I am renewed in Christ.

*If there be with him an angel,
An interpreter, one among a thousand,
To show unto man what is right for him . . .
His flesh shall be fresher than a child's.*

—JOB 33:23, 25.

JULY 26

Thursday

I DO NOT THINK OR SPEAK DISPARAGINGLY OF MYSELF, BECAUSE I AM THE HANDIWORK OF GOD, MADE IN HIS IMAGE AND LIKENESS.

ONE OF THE Ten Commandments tells us that we should not take the name of the Lord in vain. People usually interpret this as meaning that we should never use God's name in an irreverent manner. Of course, this is true but taking God's name in vain goes much deeper. Every time you think or speak disparagingly of yourself, you are taking God's name in vain. If you say, "I am stupid" your mean opinion of yourself is a reflection on your heavenly Father, for He created you with infinite reserves of wisdom that you can draw on whenever you will.

If you let the thought that you are a miserable sinner weigh you down, such a pessimistic attitude belies the truth of Jesus' words, "Ye are gods." To believe yourself anything less than a radiant child of God is to believe something that is untrue. You are the handiwork of God, made in His image and likeness.

*I said, Ye are gods,
And all of you sons of the Most High.*
—PSALMS 82:6.

Friday

JULY 27

I CLOTHE MYSELF SAFELY ROUND WITH INFINITE LOVE AND WISDOM

HAVE you formed the habit of placing yourself in the loving care and protection of the Father at the beginning of each day? When you do this you free your mind and heart from fear or anxiety, and you are able to meet happily and courageously all the experiences of the day.

It is especially helpful to remind yourself that you are in the loving care of the Father when you are traveling. As you step into a car or train or plane or boat, silently remind yourself that you go with God, that His love surrounds and infolds you and keeps you safe and secure.

Bless your dear ones with this thought of God's protecting care and love also. See them clothed safely round with infinite love and wisdom. See them guided and guarded through every moment of the day, see them filled with joy and life and peace at all times, and under all circumstances.

✦ *I am persuaded, that neither death nor life . . . nor things present, nor things to come . . . shall be able to separate us from the love of God which is in Christ Jesus.—ROM. 8:38, 39.*

JULY 28

Saturday

I RELAX AND LET GO MY POSSESSIVE HOLD
ON PERSONS AND THINGS; I SURRENDER
THEM TO GOD.

TODAY I remind myself of the spiritual truth that the persons and things in my life do not belong to me; they belong to God.

I am not the owner, but the steward of the riches God has given to me. The persons in my life, whether husband, wife, child, friend, business associate, or casual acquaintance have all been directed into my life by the Father that I may be of some service to them, not that I may dictate to them and hold them in bondage to my desires.

If I try to inflict my will on others and force them to fit into the scheme of things as I see it, I am failing in my trust which is to encourage others to fit into the scheme of things as their own heart directs.

So I resolve with God's help to relax and let go my possessive hold on persons and things; I no longer say "These are mine," but "God, all these are yours."

*The earth is Jehovah's, and the fulness thereof;
The world, and they that dwell therein.*

—PSALMS 24:1.

Sunday

JULY 29

I AM THE IMAGE OF GOD.

NO MATTER how I have thought of myself in the past, today I will hold fast to the reality of my being. I will hold before my heart and my mind the realization that I am created in the image of God. I will remember that my mission is to represent God, to give expression to His qualities of love, life, faith, power, joy, and wisdom.

I am the image of God; therefore, I am the image of love, the image of life, the image of faith, the image of power, the image of joy, the image of wisdom.

God is love; through His Spirit in me I am loving. God is life; through His Spirit in me I am living. God is faith; through His Spirit in me I am faithful. God is power; through His Spirit in me I am powerful. God is joy; through His Spirit in me I am joyful. God is wisdom; through His Spirit in me I am wise.

I am the image of God. Today I will endeavor to express Him; I will endeavor to express His love and perfection.

♣ *God created man in his own image, in the image of God created he him.—GEN. 1:27.*

JULY 30

Monday

TODAY I WILL SPEAK WORDS OF PRAISE, ENCOURAGEMENT, LOVE, AND JOY.

WHAT a tremendous power for good we have in our spoken words! Words of praise, encouragement, love, joy, sympathy, understanding—what magic a few simple and sincere words can work in a troubled heart! We have all had the experience of having someone speak a single word or perhaps a brief sentence that lifted our hearts and transformed an otherwise unpromising day into one of joy and brightness.

Today I will be one who brings shining words into the lives of others. I will be alert to opportunities to speak words that will bless and inspire. I can give a word of praise to one who has completed a task, a word of encouragement to one whose burden is heavy or whose way is difficult, a word of love to a dear one, a word of life to one who needs healing.

Today I will speak words of praise, encouragement, love, and joy.

*Heaviness in the heart of a man maketh it stoop;
But a good word maketh it glad.*

—PROV. 12:25.

Tuesday

JULY 31

TODAY I AWAKEN TO MY CHRIST IDENTITY,
AND I LET CHRIST LIVE THROUGH ME.

TODAY I remember that I am created in the image and after the likeness of God, my Father. I consciously recall that the very Spirit of God, the Christ, dwells within me and gives me the power to live triumphantly, to meet every challenge successfully. As I realize my Christ identity, I re-establish anew my brotherhood with Jesus and with all men everywhere.

I call forth my true potential by letting Christ live in and through me. I set aside my personal fears and limited thoughts in order that the Christ may speak and act through me. In the realization that it is the Christ who strengthens me, I speak words of Truth with power and authority. I give generously in the spirit of love, for I know that it is Christ who gives through me. I give thanks with a glad heart, for I remember who I am, and I go forth to let the Christ live through me.

Today I awaken to my Christ identity and let Christ live through me.

♣ *It is no longer I that live, but Christ liveth in me.*
—GAL. 2:20.

DIRECTORY OF UNITY BOOKS

(These books are \$1 each unless otherwise stated)

FOR BEGINNERS

A More Wonderful You Be! (*new*)
Beginning Again
Doctor Houston Speaking
Favorite Unity Radio Talks
God a Present Help
God Is the Answer (*Dutch or English*)
How I Used Truth (*German or English*)
How to Let God Help You (*new*)
Lessons in Truth (*Italian, English, French, German, Russian, Spanish, Dutch, Swedish*)
Lovingly in the Hands of the Father
Myrtle Fillmore's Healing Letters
New Ways to Solve Old Problems
Peace Begins at Home
Prove Me Now
The Great Physician
The Story of Unity
Things to Be Remembered
Whatsoever Ye Shall Ask

FOR HEALING

Christian Healing (*English or German*)
Divine Remedies (*French or English*)
Jesus Christ Heals
Truth Ideas of an M.D.
You Can Be Healed (*English or Swedish*)

FOR THE HOME

Unity Vegetarian Cookbook (*new*)
You and Your Child

FOR PROSPERITY

As You Tithe So You Prosper (50c)
Both Riches and Honor (*French or English*)
Prayer in the Market Place
Prosperity (*English or Italian*)
Prosperity's Ten Commandments
Working with God

FOR INSPIRATION

Best-Loved Unity Poems
Be of Good Courage
Mightier than Circumstance
Prayer Changes Things
The Household of Faith (\$5)
The Sunlit Way

FOR DEVOTION

Bible, American Standard Edition (\$6.50)
Book of Silent Prayer (50c)
Keep a True Lent
Effectual Prayer
The Silence (50c)

FOR ADVANCED STUDY

Atom-Smashing Power of Mind
Christ Enthroned in Man
Have We Lived Before?
Know Thyself
Let There Be Light (\$2)
Metaphysical Bible Dictionary (\$5)
Mysteries of Genesis
Mysteries of John
Selected Studies
Talks on Truth
Teach Us to Pray (*English or French*)
The Twelve Powers of Man
What Are You?

FOR CHILDREN

Adventures of the Seven Spartans
Barky's New Home
Barky and His Friends
Crybaby Kangaroo
Jet's Adventures
Jet and the New Country
Jet's Choice
Teach Me to Pray
Thank You, God

APPRECIATES BRAILLE DAILY WORD

"I want to thank you," writes a Unity friend in Kansas, "for making it possible for the blind to receive such a splendid publication as DAILY WORD. I have been receiving it in Braille since its first issue and have derived great benefits from reading the splendid articles that it contains. Please continue sending it to me."

These are the Unity publications available in Braille: *Wee Wisdom* and *You* magazines in grade 2 Braille; DAILY WORD, *Lessons in Truth*, and *Finding the Christ* in Grade 1½. No charge is ever made for Unity's Braille literature, as this service is made possible entirely by the love offerings of friends who wish to help others in this way. Contributions to the Braille Fund may be addressed to:

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

UNITY CENTERS

If you would like to attend a Unity center, consult your phone directory, or write to Unity's Field Department for the location of the Unity center nearest you.

Unity Receives Award

An attractive Honor Scroll was recently received by Unity School from the Florida Southern College at Lakeland, Florida, reading: "Florida Southern College and Fifth Annual Exposition of Children's Literature awards this Scroll of Honor to Unity School of Christianity for publication and distribution of *Jet's Adventures*, by Bula Hahn, judged the outstanding children's book of 1955 portraying and enhancing The American Way of Life." *Jet's Adventures* is \$1 a copy.

Glad to Send Samples

Do you know that samples of **DAILY WORD**, or of any of the Unity magazines, are always available? Unity will be happy to send samples to anyone you think might like to see one of these magazines, if you will give us the full name and address.

Of course, we are glad to have you pass your copies on to new persons, but if you prefer to keep them for future reference, you can always have free samples sent by writing to:

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

Do These Three Simple Things For More Prosperity

Acknowledge God as your supply; think constructively; share your blessings—these are essential if you want prosperity. Unity's Prosperity Bank plan helps you do them by:

Reminding you to thank God as you receive abundantly; offering a program for keeping your thoughts prosperous all day long; and making it possible for you to share **DAILY WORD** with three friends. The subscriptions will begin at once, and you may save the price during the seven-week Bank drill. Send this coupon for a Bank and complete instructions to:
Unity School of Christianity, Lee's Summit, Mo.

Here is my order for three **DAILY WORD** gift subscriptions and a Bank in which to save the \$3 cost of these subscriptions.

1. Name _____

Street _____

City _____ State _____

2. Name _____

Street _____

City _____ State _____

3. Name _____

Street _____

City _____ State _____

SENDER'S NAME _____

Street _____

City _____ State _____

Please indicate postal zone number, if cities are so divided. D-7-56

ONE ANSWER TO JUVENILE DELINQUENCY

The citizens of Jackson, Michigan, like those of other communities, were worried about the delinquency problem. And when Jim Brown, of the Jackson Citizen Patriot, wrote an editorial suggesting a possible answer, some 350 of them turned out to organize and do something about it.

Parents, Incorporated, was the result. Based on co-operation between teen-agers and parents, its activities included father and son trips to baseball games and other sports events; mother and daughter jaunts to the city for fashion shows and sewing lessons; contests for student drivers of driving age with good driving trophies awarded by Parents, Incorporated.

"They Incorporated Against Delinquency," the article by Jo Montgomery about Parents, Incorporated, appears in July *Good Business*. This magazine regularly prints true-experience articles by and about persons who have found Christian principles the best basis for success in the workaday world. A year's subscription is \$1. Be sure to ask that yours start with July so that you can read this important article.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

Sources

RUBY ZAGOREN

Question the mountain;
As best it can,
It says, "I rise
By one sure plan."

Ask the sun
How first it shone,
It says, "Not by
Myself alone."

Seek the river
To learn it's source
And it will say,
"Like yours, of course."

